



DEPARTMENT OF THE NAVY

NAVY MEDICINE EAST
620 JOHN PAUL JONES CIRCLE
PORTSMOUTH, VIRGINIA 23708-2198

NAVMEDEASTINST 6110.1
00PT
24 Mar 06

NAVY MEDICINE EAST INSTRUCTION 6110.1

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1H
(b) OPNAVINST 6100.2
(c) BUPERSINST 1610.10A
(d) MANMED Art. 15-1

1. Purpose. To provide policy and to ensure the physical fitness and readiness of all Navy personnel assigned to Navy Medicine East (NAVMEDEAST), are in compliance with references (a) through (d). Due to changes in reference (a), this instruction should be reviewed in its entirety.

2. Cancellation. HLTHCARESUPPONORINST 6110.1E

3. Policy

a. Physical fitness is a crucial element of mission performance and, since fitness is based on the individual, it is imperative that all Navy personnel maintain personal physical fitness through regular exercise and nutritional management.

b. To support the Navy's goal of maintaining a force ready to complete the mission, all military personnel will integrate physical fitness activities into their schedule as practicable.

c. The Command will develop and implement a Fitness Enhancement Program (FEP) that meets the needs of personnel striving to improve their physical fitness status. The FEP will be designed to increase cardio-respiratory fitness, muscular strength, and flexibility, in addition to excess body fat reduction. The FEP will ensure that personnel can meet or exceed physical fitness standards as outlined in reference (a). Testing the physical readiness of all Navy personnel is required unless excused by appropriate medical authority.

d. Physical Fitness Assessments (PFAs) will be conducted twice per year, no less than four months apart and no more than eight months apart. The PFA includes the body composition

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assessment (BCA) and the physical readiness test (PRT). The BCA consists of height/weight screening and, if required, body fat estimation based on circumference measurements. The PRT consists of the sit-reach, curl-ups, push-ups, and either a 1.5 mile run or a 500 meter swim. All Navy personnel will participate in the PFA unless medically prohibited.

e. Members who are unable to meet the PFA standards as set in reference (a) can be subject to administrative action and will be enrolled in the FEP. The Commander will recognize personnel demonstrating significant improvement or those who consistently score "excellent" or "outstanding" through comments on NAVPERS 1610/2, Fitness Report and Counseling Record (E-7 to O-6), NAVPERS 1616/2, Enlisted Evaluation and Counseling Record, as well as other awards as deemed appropriate.

4. Responsibilities

a. Commander shall:

(1) Ensure all Navy personnel assigned to the Command are in compliance with references (a) through (d).

(2) Appoint, in writing, a Command Fitness Leader (CFL) and an Assistant CFL as appropriate.

(3) Place all personnel failing any portion of the PFA on the Command FEP.

(4) Ensure documentation of progress is properly annotated on enlisted performance evaluations and/or fitness reports.

(5) Ensure appropriate recognition for outstanding performance and significant performance improvement on the PFA.

b. Administrative Support Department shall:

(1) As directed by the Chief of Staff, ensure all required service record entries are completed as required by references (a) through (d).

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c. Command Fitness Leader/Assistant Command Fitness Leader shall:

(1) Notify the Chief of Staff of personnel not meeting the standards as outlined in reference (a).

(2) Notify the Chief of Staff of personnel requiring reevaluation.

(3) Conduct PFA on all Navy personnel at least two times per year.

(4) Maintain PRT program database on NAVPERSCOM approved software for all command personnel.

(5) Ensure all required reports are submitted to higher authority per reference (a).

(6) Monitor the Command FEP.

(7) Upon request, provide the Commander with height/weight/body composition and physical readiness test results of all personnel.

(8) Ensure PFA results are available to directors for inclusion into fitness reports and enlisted evaluation reports.

d. Individual Service Members shall:

(1) Maintain a lifestyle that promotes optimal health and physical readiness with a regular fitness program. Fitness programs should include aerobic, strength and flexibility exercises.

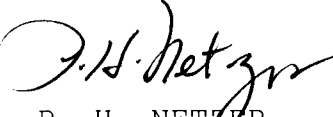
(2) Maintain a prudent diet.

(3) Answer the Physical Activity Risk Factor Questionnaire (PARFQ) truthfully and completely. The PARFQ can be accessed via the Physical Readiness Information System (PRIMS) website <https://primis.bol.navy.mil>.

(4) Participate in PFA's twice per year unless waived by appropriate authority.

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(5) Provide a copy of their PARFQ and Standard Form (SF)
600 to the CFL.



P. H. NETZER
Chief of Staff

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List D